Create Your Nutrition Plan

2 things that you need to understand:
A) Your energy needs.
B) Macronutrients' breakdown based on goals.

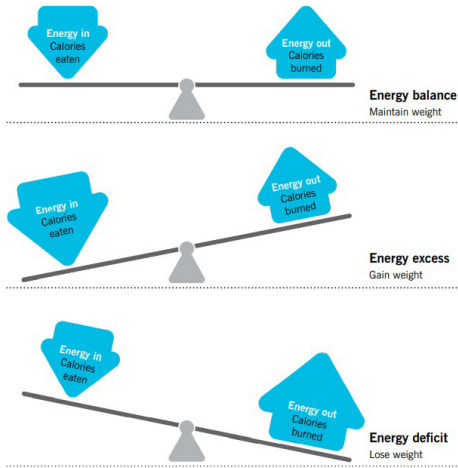
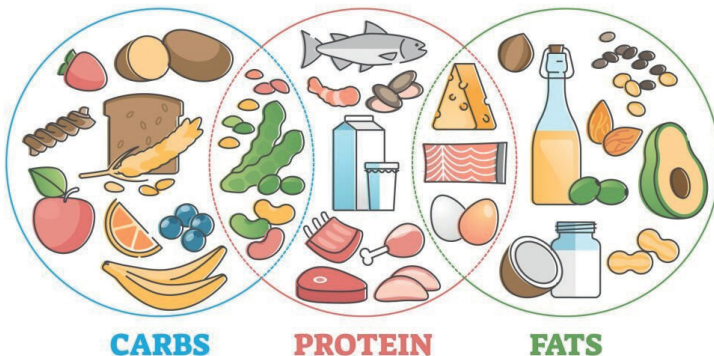



FIGURE 1
Energy balance

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Step 1
Know your BMR (Basal Metabolic Rate)
BMR calculator : https://www.calculator.net/bmr-calculator.html
Know your TDEE (Total Daily Energy Expenditure)
TDEE calculator: https://tdeecalculator.net/

Step 2
Macronutrients' (protein, fat, carbohydrate) breakdown based on goal (weight loss, muscle gain, strength gain etc.)

Carbohydrate needs:

Carbohydrate needs based on activity type and bodyweight

	CARBOHYDRATE INTAKE
Lightly active or sedentary (e.g., regular people)	~0-1.5 g of carbohydrate per lb of bodyweight (~0-3.5 g/kg)
Athletes	
Most strength athletes (e.g., powerlifters, weightlifters)	~1.5-2.5 g of carbohydrate per lb of bodyweight (~3.5-5.5 g/kg)
Most intermittent, team-sport athletes (e.g., soccer, rugby, volleyball)	~2-3 g/lb (~4.5-6.5 g/kg)
Most endurance athletes (e.g., marathon runners)	~3-4 g/lb (~6.5-9 g/kg)
Ultra endurance athletes* (e.g., Ironman, ultramarathon)	~4.5-5.5 g/lb (~10-12 g/kg)

* Note: Some ultra-endurance athletes perform equally well on high-fat, ketogenic-style intakes as opposed to high-carb, low-fat intakes. For most other athletes it can decrease performance.

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Protein needs:

Protein needs by bodyweight, goals, activity levels, and sex

PROTEIN NEEDS (g / lb)

		GOALS								
		Fat loss / Body recomposition			*Maintenance / Improve health*			*Muscle gain / Support athletic performance*		
		Level 1	*Level 2*	*Level 3*	*Level 1*	*Level 2*	*Level 3*	*Level 1*	*Level 2*	*Level 3*
Lightly active	Women	0.6-1.0	1	1.1	0.65-0.9	0.9	1		0.8-1.1	
	Men	0.65-1.05	1.05	1.2	0.75-1.0	1	1.1		0.85-1.15	
Moderately active	Women	0.7-1.1	1.1	1.2	0.75-1.0	1	1.1		0.9-1.2	
	Men	0.8-1.2	1.2	1.35	0.85-1.1	1.1	1.2		0.95-1.25	
Highly active	Women	0.8-1.2	1.2	1.35	0.85-1.1	1.1	1.2		1.0-1.3	
	Men	0.95-1.35	1.35	1.5	0.95-1.2	1.2	1.35		1.05-1.35	

PROTEIN NEEDS (g / kg)

		GOALS								
		Fat loss / Body recomposition			*Maintenance / Improve health*			*Muscle gain / Support athletic performance*		
		Level 1	*Level 2*	*Level 3*	*Level 1*	*Level 2*	*Level 3*	*Level 1*	*Level 2*	*Level 3*
Lightly active	Women	1.3-2.2	2.2	2.4	1.4-2.0	2	2.2		1.8-2.4	
	Men	1.4-2.3	2.3	2.6	1.7-2.2	2.2	2.4		1.9-2.5	
Moderately active	Women	1.5-2.4	2.4	2.6	1.7-2.2	2.2	2.4		2.0-2.6	
	Men	1.8-2.6	2.6	3	1.9-2.4	2.4	2.6		2.1-2.8	
Highly active	Women	1.8-2.6	2.6	3	1.9-2.4	2.4	2.6		2.2-2.9	
	Men	2.1-3.0	3	3.3	2.1-2.6	2.6	3		2.3-3.0	

1. For Level 1 eaters, needs are scaled to size. Larger people get less per unit of body weight; smaller people get more.
2. For Level 2 and 3 eaters, needs are fixed on a unit per body weight.
3. There are several protein settings to support athletic performance. For endurance athletes, use the lower ends. For intermittent sport athletes, use the middle. For strength/power athletes, use the higher ends.

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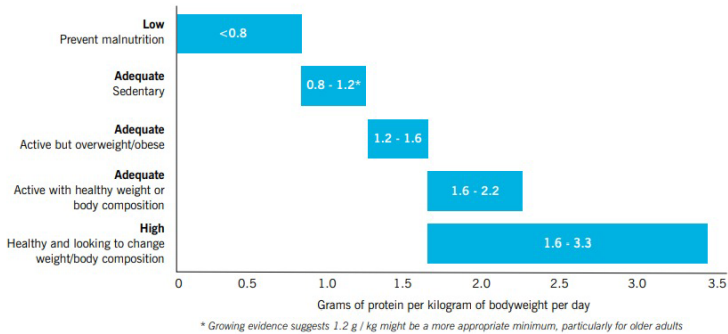
FIGURE 3
Recommended daily protein intake by goals, activity, and body weight

Fat needs:

How much fat do people likely need?

	SUGGESTED FAT INTAKE
Lightly active	~0.3-0.5 g of fat per lb of bodyweight (~0.65-1.1 g/kg)
Moderately active	~0.5-0.7 g/lb (~1.1-1.5 g/kg)
Highly active	~0.7-0.9 g/lb (~1.5-2 g/kg)

Note: Fat intake could be as low as 0.2 g/lb (0.4 g/kg) on low-fat diets, or as high as 2.0 g/lb (4.4 g/kg) for ultra-endurance athletes on ketogenic diets.

Source: Precision Nutrition https://www.precisionnutrition.com/